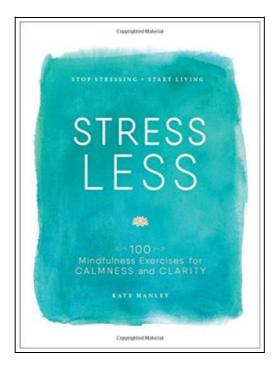
# Stress Less: Stop Stressing, Start Living (Paperback)



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## Reviews

It is an awesome book that we have possibly go through. It is actually writter in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book. (Tierra Kunde)

### STRESS LESS: STOP STRESSING, START LIVING (PAPERBACK)



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Adams Media Corporation, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book. Yoga teacher and veteran author Kate Hanley shares her expert advice on how to reduce and prevent stress with over 100 simple and inspirational exercises. Eight out of ten Americans report being stressed. In Stress Less, you can learn how to conquer stress and find inner peace with these practical mindfulness exercises. Each exercise can help you pause, evaluate your mental state, and pull yourself out of a heightened state of anxiety and back down to a calm, clear-minded base. Each page has a prompt that can give your mind, body, and heart a moment of peace in a world of chaos.



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